



Back-to-school Help for Parents and Kids

Back-to-school time for kids and parents! Now is the time to think about children's schedules in the fall. Besides regular classes, many before- and after-school programs might be appropriate for school-age children. YMCAs, private and public schools, Parks and Recreation, San Francisco public libraries, Girl and Boy Scouts and Campfire programs are all places to look for safe, fun activities.

Many children will, however, be home alone after school at least a few days each week. If your child is going to be alone after school here is a helpful checklist:

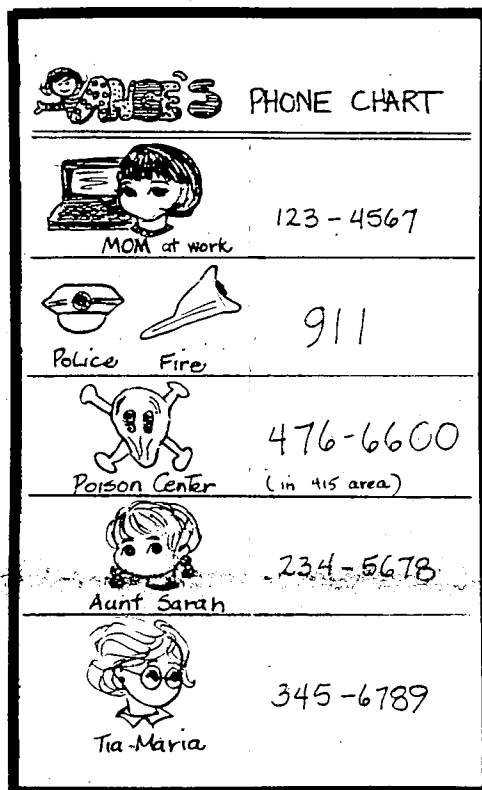
Plan the after-school schedule together with your child. Establish a routine. A routine is both comforting and easier to follow than no particular schedule.

Be clear about what is expected and what is permitted. In a special place, leave a welcome home note or tape. (Sometimes leave a surprise story book or tape you have made for your child from a favorite book.)

This communication helps with reading and writing skills, too! In the note, include appointments, chores, snacks, emergency numbers and a special "Hi."

At a prearranged time call your child. Ask briefly, "How was your day?" and review any schedule plans.

By K. E. Hones



On a regular basis, review procedures for: fire, crime, injury or other emergencies with your child.

Ask your child what is the hardest part of coming home alone and talk about what can be done to change and make things less difficult.

Talking about fears and worries helps. It is reassuring to discuss positive actions to take for these fears and worries.

Early in the school year, take your child to visit your workplace. Take pictures of yourself at work and put them near the phone at home. With your child, make this phone chart.

Supplies

Cardboard, markers or crayons, scissors, glue, ruler, photos of fireman, policeman, parents, family friend or neighbor.

Directions

1. Draw a line down the middle of the cardboard.
2. Draw lines for each picture. Each chart will have four or more lines going across the cardboard.
3. Glue pictures on one side. Write the phone number on the other side.
4. If you do not have photos, draw pictures.
5. Hang this up near your phone.
6. If you have a little brother or sister, help them make a picture phone chart, too.

It isn't easy to be home alone after school, but planning and working together will help you and your child adjust to new changes and schedules. There are several books that might help you organize this time for your child. A new book that covers many topics is SCHOOL'S OUT -- NOW WHAT? Creative Choices for Your Child by Joan M. Bergstrom, Ten Speed Press.

K. E. Hones is the publisher of Latchkey Notes, a newspaper for children home alone after school.

Alcoholism Education in Elementary Schools

The National Council on Alcoholism-Bay Area's fall training for its Youth Aware program will begin on Thursday, Sept. 25. Youth Aware is a program of alcohol and alcoholism education in San Francisco's elementary schools. After receiving training, volunteers visit each class three times. Interested persons may call NCA at 861-4000 for more information.

Elementary school children

need to have the facts about alcohol and alcoholism presented to them in a factual and nonjudgmental way. They need this information in order to be able to make intelligent choices about the use of alcohol. In a national study, children reported receiving peer pressure to experiment with alcohol as early as fourth grade.

According to Jackie Toliver, executive director at NCA, one

quarter of the children in any elementary school classroom are currently living in an alcoholic home. She says the program brings these children vital information on how to understand and live with their parents' disease. Last year, Youth Aware volunteers visited 39 schools and presented the program to nearly 10,000 San Francisco children.

Dental Hygienist Keeps Costs Down

A visit to the dentist often begins and ends with the dental hygienist.

It's the hygienist who does the preliminary examination, takes diagnostic impressions, blood pressure readings, health histories and prepares you for procedures which will be performed by the dentist. While we refer to the hygienist as the doctor's assistant, she (or he, since more and more men are entering the profession) is much more than the word "assistant" suggests.

Many hygienists hold college degrees in the health science field, and all of them have completed a thorough technical training course. Current laws require them to work under the supervision of a dentist.

Hygienists can't do operations, fillings, anesthesia and injections -- all of which must be done by a licensed dentist. Nor is a hygienist trained to recognize dental pathology.

But the work done for you by these highly trained Technicians makes it possible for your dentist to spend more time on the less routine professional procedures. This simple division of labor has one main advantage -- it holds down the cost of your dental bill. It also insures that you are in good hands during the entire visit with your dentist.

This column was contributed by the dentistry offices of A Gentle Touch, 3208 Mission.

BERNAL JOURNAL

The Bernal Journal is produced every two months by a group of volunteers, with the support of community business. Our circulation for this issue is 5,000. Our mailing address is 515 Cortland Avenue, San Francisco 94110. Messages: 648-0330.

EDITOR: Lurilla Harris

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Business card rate is \$20. 1/6 page \$50. 1/4 page \$60. 1/2 page \$110. Full page \$200.

10% discount on agreement to run 3 or more consecutive ads. Typesetting available at additional charge. No charge for pasteup.

Next deadline: Oct. 10

DEADLINES:

Please ask for assignment or send notice of planned articles for next issue by * Oct. 6! Photos, ads and stories due **OCT. 10.**



Temporary Help Wanted.

A tiny kitten, too young to be adopted. A sick puppy. An injured stray. If you can care for a special animal until it's old enough or healthy enough to be placed in good home, The San Francisco SPCA would like to hear from you.

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Evicted? Call for Aid

San Francisco Sheriff Mike Hennessey initiated the Eviction Assistance Project in 1980, to help evicted persons and landlords survive the trauma created by the eviction process. The program has been an overwhelming success assisting more than 5,000 San Franciscans and creating a massive self-help referral network of government and social service agencies for evictees and landlords alike.

After many years of providing partial services to the Eviction Assistance Project, The Salvation Army contracted with the Sheriff's Department in 1984 to administer the entire program. Presently, the project is staffed by eight community workers, many of whom are seniors and multilingual -- speaking English, Spanish, Tagalog, Japanese, Cantonese and Mandarin.

Because the Sheriff's Department is faced with the unpleasant task of evicting thousands of people each year, Sheriff Hennessey felt it was imperative to provide a safety net for those unable to bounce back on their own. Those landlords who must use the eviction process as an unpleasant last resort sometimes need the services of the Eviction Assistance Project as much as those they are evicting. It's a difficult time for all concerned.

If you have a need for the project's services, or require further information, please call Sergeant Frank Hutchins or one of the community workers at 558-3564 or 929-0331.

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Local Actor Makes Good!

By Gail Caswell

"Handkerchief of Clouds" is a play of the Dada movement, and playwright Tristan Tzara was its leader. Webster's New World Dictionary says that Dada (1916-1922) was "characterized by fantastic, abstract, or incongruous creations, by rejection of all accepted conventions, and by nihilistic satire." According to the "Handkerchief" program, Tzara discovered the word "dada" by randomly sliding a letter-opener into a Larousse dictionary in 1916.

Tzara, author of "Handkerchief of Clouds" ("Mouchoir de nuages"), presented for the first time in Paris in 1924, described his play as "an ironic tragedy, or a tragic farce, in short acts, separated by commentaries." The Noh Oratorio Society performed the play at Studio Eremos, 401 Alabama Street, on three Week-ends in August.

The play reveals its roots in Dada by blurring fantasy and reality. All 10 actors keep their own names, and when the actors are seated at make-up tables in the wings of the stage, they serve as commentators on the action. "What a bore!" says one character. "The same old argument about the difference between theatre and reality." Two characters leave the stage to make way for the three leads. "Let's become commentators again," they say. Shortly thereafter, a discussion concerning truth and lies ensues. "To what extent is a lie true?" asks one Commentator.

Throughout the play, two musicians perform classical, traditional, avant-garde and popular music of the period (including Tzara's choice of a



MARTIN PONCH

1923 Tango, "La Violetera," for Act X) on violin, viola, bass clarinet, clarinet, lute and recorder. Claude Duvall directs.

Settings include Venice, Monte Carlo, A Railway Station, A Forest, A Living Room, Avenue de l'Opera, and The Ramparts of Elsinore (for a scene taken from "Hamlet"). With the exception of the three main characters, each actor plays more than one role.

San Francisco actor Martin Ponch, a 20-year resident of Bernal Heights, played several character roles and, in the segment from "Hamlet," a very doddery and funny Polonius. In Martin's opinion, the current production is "an accurate and highly accomplished interpretation of the work of Dada's leading theoretician, made into an exciting and extremely original work of the theatre for its time, and even ours."

Martin Ponch has been an integral part of the Bay area theatre scene since his arrival in San Francisco after World War II with five others from a conscientious objector camp (required by draft laws at that time) in Waldport, OR. While there ("courtesy of the government, to do work of national importance without pay," he says dryly), he was involved with a program called "The Fine Arts at Waldport," which resulted in the transfer of many theatre people to that camp.

Among those who came to San Francisco with Martin were internationally-renowned book designer and printer Adrian Wilson, his wife Joyce Lancaster, an actress and writer/designer of children's books, and theatre director and teacher Kermit Sheets, who later became, for many years, executive director of Lighthouse for the Blind.

The six joined other San Francisco theatre people to form the Interplayers, a new post-war type of theatre which, according to Martin, "set the pattern for a theatre renaissance in San Francisco thereafter, namely resident theatres performing in intimate settings, and doing significant plays. "Having been part of the Depression," Martin continues, "I shared and learned to be concerned with the lot of the poor. Therefore, I was always interested in theatres that made their offerings available at moderate prices."

Interplayers spanned 15 years, ending in the early 60s. From 1960-65, Martin performed and directed plays with the Theatre for the World at the Firehouse Repertory, Sacramento and Maple Streets in San Francisco. This theatre took on more international material,

continued on page 4

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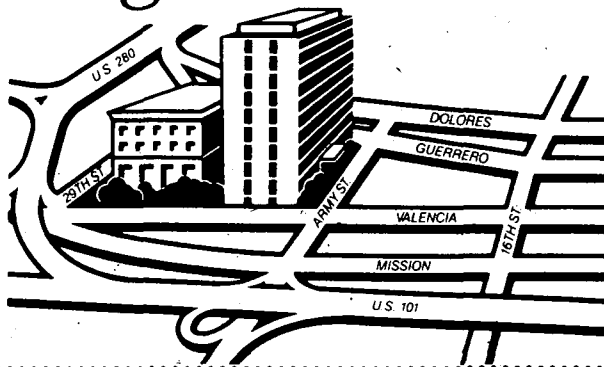
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including opera, a Japanese Kyogen play, and "Chitra," a Hindu dance drama by Rabindranath Tagore. the group's skill and versatility may be measured by the fact that when they staged a multi-language (English, French, German, Italian) version of Mozart's opera "The Impresario" says Martin, "Everyone knew exactly what was going on."

Of the Firehouse Repertory Theatre, Martin says, "It provided the best premises for a resident theatre that I've ever known about because it was a double firehouse and had a large performance space and rehearsal space where the dormitory had been, a gallery, living space for five resident performers, and a basement for storage." In 1965, the building was razed to become a parking lot for Hahnemann hospital.

From 1965 to 1971 Martin free-lanced, performing with numbers of theatres, including the Julian on Potrero Hill. In 1972, he began his 10-year association with Actors' Ark Theatre. At the Showcase Theatre on Mason Street (the building where the One Act Theatre currently performs), Martin directed George Bernard Shaw's "Mrs. Warren's Profession" and played comic roles in Sheridan's "The Rivals" and Ionesco's "Macbett."

In late 1979, Actors' Ark renovated the former firehouse "Building F" at Ft. Mason into a fully-equipped intimate theatre and produced Mamet's "Life in the Theatre," Brecht's "The Resistable Rise of Arturo Ui," and a Shakespearean compendium called "Much Ado About Love" (in which Martin played Toby Belch and Malvolio of "Twelfth Night", as well as Mercutio and Juliet's father in "Romeo and Juliet").

Martin's other theatrical roles have included two performances as Mark Twain, the first in a professional adult-children's production of "Tom Sawyer" at the Circle Star Theatre in San Carlos (in which Martin's late wife, the many-talented Olwen Morgan, played Aunt Polly) and the second as critic and narrator in "The Merry Nibelungs," a parody of Wagner's "Ring" which was produced by Ross Halper at Macondray Hall in San Francisco's First Unitarian Church. Martin and his wife also both performed with Pearl Bailey in the Melodieland production of "Call Me Madam" at the Berkeley Community Theatre. His most successful and favorite roles have come from the Irish and Yiddish theatres.

Martin, a member of Actors Equity and two other actors guilds, has also done commercial television and movie work. His biggest TV assignment was in 1961, when he introduced short "Popeye" films five times a week for KPIX-

TV, playing "Uncle Harry," a character who was, according to Martin, "a combination of Hitchcock and Chaplin." On the day we spoke, he was on his way to audition for the role of Einstein in an industrial film. (P.S. He got the part.)

Martin was born into an "international Jewish family" in Germany (parents and brother born in Poland, elder sister born in U.S.) and came to New York when he was five years old. He earned an undergraduate degree in theatre and German literature at New York University, where he studied with Professor Randolph Somerville, head of the drama department and founder of the Washington Square Players.

Professor Arch Lauterer, a designer for Martha Graham and the Cleveland Playhouse who also taught at Bennington and designed Dinkelspiel Auditorium at Stanford, was a major influence on Martin during his graduate theatre studies at Oakland's Mills College. "My studies at Mills were partially funded by the American Friends Service Committee," says Martin. "They helped take up the slack for those ineligible for G.I. educational grants."

While at Mills, Martin also taught English as a Second Language as a graduate teaching

continued on next page

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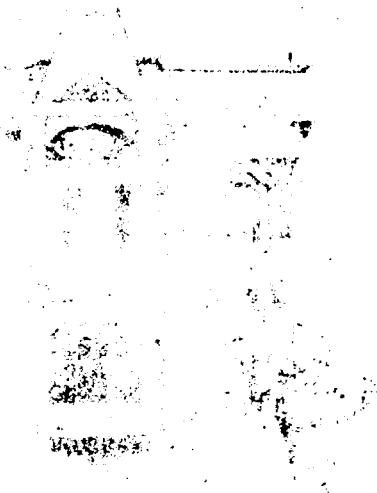
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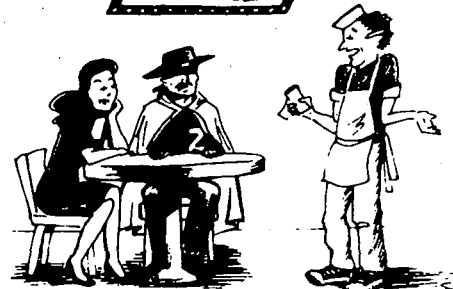
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assistant and continued to teach for two summers after he earned his degree. His teaching career -- mainly of English to the foreign-born under the aegis of S.F. Community College -- spanned a period of 21 years.

Martin has two major hopes for the future. He hopes to facilitate the production of, and play the leading part in, a play called "Panache," by Ron Mark. "Panache," says Martin, "is a most amusing and poignant play about a successful shoe store operator who decides to change careers at age 65 and becomes an actor playing the role of Cyrano de Bergerac."

Martin also hopes to establish an arts center dedicated to the memory of his wife. It will be a center, he says, for the performance of theatre, music, and poetry -- the arts she loved the most.

EYE GALLERY (415) 431-6911

A non-profit photography Gallery
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Thurs.-Sun., 1-5pm



Photo Exhibit / Art Show

Artist Daniél Galvez is shown holding his painting from Raechel Running's photograph. Both artists were participants in August in La Mision 3rd Annual 94110 show at the Eye Gallery. If you live in ZIP code area 94110, save your photos for possible entry in the 1987 show.

BAY AREA CONSTRUCTION BRIGADE TO NICARAGUA presents a slide show of their recent building project in Nicaragua.

Find out how you can participate/support the Third Annual Brigade due to leave in early 1987.

TUESDAY, SEPTEMBER 30, 1986, 7:30pm.
Refreshments. No admission charge.

SLIDE PRESENTATION

The Palestinians 1970 & 1983--The Struggle for the Homeland

Photojournalist JEFFREY BLANKFORT will show slides taken on two trips to the Middle East, and lead a discussion on the situation presently facing the Palestinians.

THURSDAY, OCTOBER 2nd, 1986, 7:30pm,
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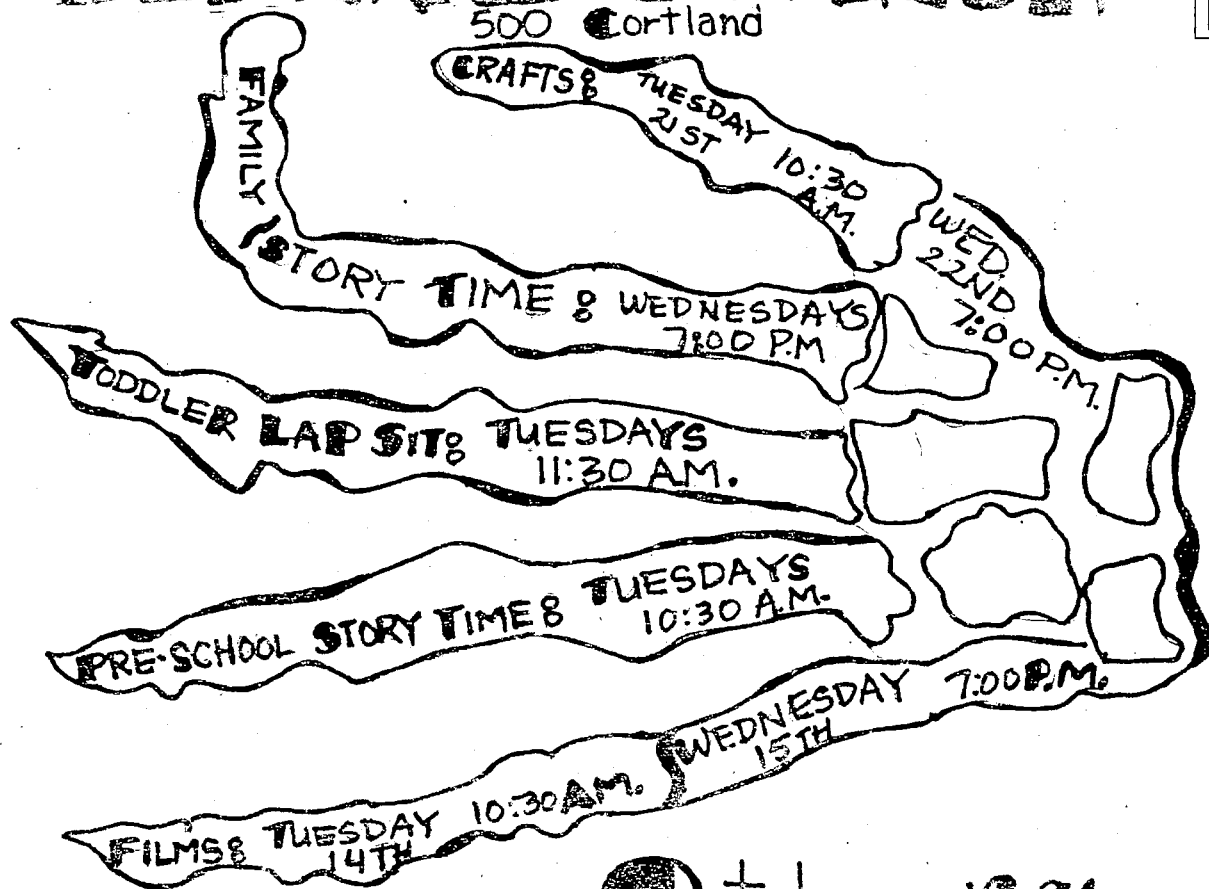
San Francisco Free Eats Chart

NAME, LOCATION, PHONE NUMBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
ALL SAINTS' EPISCOPAL CHURCH 1350 Waller St. (near Masonic)							Brunch 10:30-11:30am	
FELLOWSHIP MANOR 1201 Golden Gate Ave. (at Webster) 922-0154		Lunch 1:00-2:00pm	Lunch 1:00-2:00pm	Lunch 1:00-2:00pm	Lunch 1:00-2:00pm	Lunch 1:00-2:00pm		No minors allowed.
GLIDE MEMORIAL CHURCH 330 Ellis St. (at Taylor) 441-6501	Daily breakfast and lunch (8:00-9:00am and 12:00-1:00pm) for seniors and families with children, but G.A. and physically disabled accepted with tickets. For ticket rules call 441-6501. Dinner (M-F) open to public. 4:00-5:30pm 4:00-5:30pm 4:00-5:30pm 4:00-5:30pm 4:00-5:30pm							
HAIGHT-ASHBURY FOOD PROGRAM 1525 Waller St. (near Belvedere) 566-0366			Lunch 12:00-1:00pm	Lunch 12:00-1:00pm	Lunch 12:00-1:00pm	Lunch 12:00-1:00pm		VEGETARIAN alternative. Volunteers welcome at 8:00am.
MARTIN DE PORRES 225 Potrero St. (near 16th St.) 552-0240	Brunch 9:00-10:30am	6:00-7:30am	6:00-7:30am 12:00-3:00pm	6:00-7:30am 12:00-3:00pm	6:00-7:30am 12:00-3:00pm	6:00-7:30am 12:00-3:00pm	Lunch 12:00-3:00pm	Serving sandwiches until renovation completed.
MISSIONARIES OF CHARITY 974 Valencia (near 21st St.) 821-9687	Dinner 5:00-6:00pm	Dinner 5:00-6:00pm	Dinner 5:00-6:00pm	Dinner 5:00-6:00pm	Dinner 5:00-6:00pm	Dinner 5:00-6:00pm	Dinner 5:00-6:00pm	Sandwiches Thursday--hot meal other nights.
ONE MIND TEMPLE 351 Divisadero St. (near Oak) 621-4054	Lunch 3:30-4:30pm	Lunch 2:30-3:30pm		Lunch 2:30-3:30pm	Lunch 2:30-3:30pm			VEGETARIAN always beans, brown rice, vegies, salad and fruit.
PHILADELPHIAN SEVENTH DAY ADVENTIST CHURCH 2520 Bush St. (near Divisadero) 567-0263		Lunch 12:00-1:30pm		Lunch 12:00-1:30pm				VEGETARIAN Well balanced meal.
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ST. PETER & PAUL CATHOLIC CHURCH 666 Filbert St. (off Washington Sq.)	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	A "simple sandwich" for people of North Beach.
SAN FRANCISCO GOSPEL MISSION 219 6th St. (near Howard) 495-7366	Serious Bible students can request to attend the 5:30pm sermon and then eat at 6:30pm. Others start lining up at 5:00pm for meal tickets. The first 53 tickets are for the mandatory hour-long sermon at 7:00pm followed by a hot meal in the dining room. The remaining tickets are for the 8:00pm service and 9:00pm sack dinner to go.							
STREET HOPE Mini-park on Howard & Langton (near 7th St.)	Dinner 3:00-5:00pm							Soup and sandwiches.
THIRD BAPTIST CHURCH 1399 McAllister St. (near Pierce) 923-0259					Lunch 1:00-2:00pm			Meat entree, vegetables, salad and dessert.
UNITED COUNCIL OF HUMAN SERVICES Dinner served from van on NW corner of 6th & Folsom. 821-4459 or 822-5067							Dinner 3:00-6:00pm	Meat entree with vegetables.

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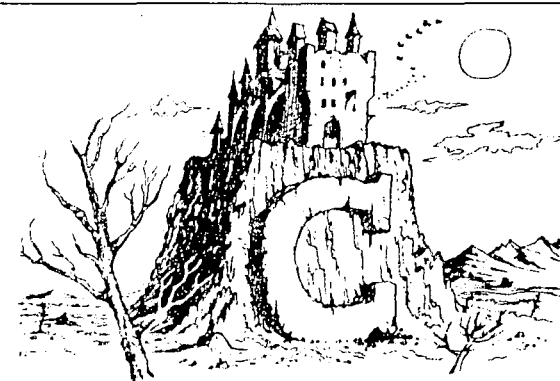
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October 1986

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Les Escargots

Oct. 22 7:30 Nosferatu the Vampire

Oct. 29 6:45 Phantom of the Opera

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Would you like to grow vegetables and flowers in the city, but have no where to do so? Would you like to get to know your neighbors and beautify the city as well? Then the San Francisco League of Urban Gardeners is looking for you. We plan to develop a new community garden at the Bernal Cut, on the corner of Highland and Arlington. If you are interested, please call 695-9100.

Renaissance Pleasure Faire Is Exactly That!

Elizabethan pageantry abounds in the Renaissance Pleasure Faire, including the traditional daily appearance of Queen Elizabeth I and her court in the 16th century town of Chipping Under Oakwood. Six stages with continuous free shows and a variety of delicious and unusual foods add to the fun. Presented by the Living History Centre, the Renaissance Pleasure Faire continues every Saturday and Sunday through Sept. 28.

Photo by Don Kellogg



GARDENING TIPS

By Pam Peirce

What to do in September:

Seed indoors: Beets, cabbage, lettuce.
Seed outdoors: Bunching onions, celery, kale, lettuce, parsnips, radish, spinach.
Other: Artichoke sets.

What to do in October:

Seed indoors: Beets, lettuce.
Seed outdoors: Kale, radish, spinach.
Other: Artichoke sets, garlic cloves.



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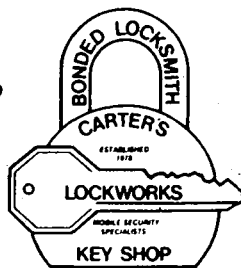
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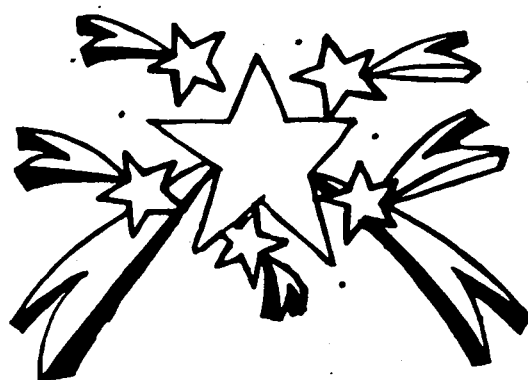
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